

Adults

Arts, Dance & Enrichment

Back Talk, Eye Rolls & Attitude *New*

Are you getting a lot of 'attitude' from your kids? Do you ignore it or confront it? Are you concerned about how children treat each other? If so, this workshop is for you. Come out and learn how to respond to disrespectful behavior and build relationships. Childcare for children ages 4-12, provided along with refreshments.

Age: 18+
31512 Tu 5/11 7-8:30 PM \$11/\$17
Twinbrook CRC

Back to the Sixties *New*

Longing to wear that bright spiral tie-dye and wondering, "How do they do that?" Learn the basics of tie-dye. Participants will make three projects on garments or fabric they bring to class. Fabric content should be at least 80% cotton, rayon or silk for best results; polyester and nylon don't accept this dye. Note: \$10 supply fee due to instructor at first class. Children under 14 must come with registered adult.

Age: 16+
31312 W 4/21-5/5 7:30-8:30 PM \$15/\$19
Twinbrook CRC Annex/Stahl

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes. ♥

Age: 13+
Beginner/Intermediate
31227 Th 4/15-6/3 7:45-9 PM \$74/\$86

Advanced
31225 Tu 4/13-6/1 6:30-7:45 PM \$74/\$86
31226 Th 4/15-6/3 6:30-7:45 PM \$74/\$86
Rockcrest Ballet Ctr./Mangan

Want to save cash?
If you are 60 or older,
Join our Senior Center and receive
a discount on activities.
See pg. 45.

Get Involved

City of Rockville
150 YEARS



HELP CELEBRATE THE CITY OF
ROCKVILLE'S
150th ANNIVERSARY IN 2010

Community Groups • Businesses Individuals

- Plan your own 150th Anniversary commemorative event.
- Plant the official 150th Anniversary flowers in your garden.
- Design and paint a fire hydrant in Town Center.
- Register for the Memorial Day Parade.
- Attend countless 150th Anniversary events and performances.

For more information
www.rockvillemd.gov/events/150
240-314-8620

Presented by Rockville 150th Anniversary Task Force
and City of Rockville



Adults

Ballroom Dance

Even if you think you have two left feet come join us and be surprised at what you can learn. We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Course #31243 will enable you to accomplish the most common slow and fast ballroom dances - fox trot, swing, salsa and hustle. Classes and fees are for couples only. ♥

Age: 16+

Beginner

31244	W	4/14-6/2	7:30-8:25 PM	\$93/\$105
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Advanced

31363	W	4/14-6/2	8:30-9:25 PM	\$93/\$105
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Surviving on the Dance Floor

31243	W	4/21-5/12	6:30-7:25 PM	\$47/\$54
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Ritchie Park ES/Mola

Belly Dancing (Mid-Eastern)

Learn an exciting and ancient dance. This art form teaches movements from folk, social and classical traditions of Middle Eastern cultures. Wear exercise clothes, bring a scarf to tie around your hips and ballet slippers, or dance in bare feet. ♥

Age: 16+

Beginner I

31246	Tu	4/13-6/8	7:30-8:25 PM	\$78/\$85
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Rockville Sr. Ctr./Basane

31247	Th	4/15-6/3	6:30-7:25 PM	\$69/\$76
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Twinbrook CRC/Ananke

Beginner II

31315	Tu	4/13-6/8	8:30-9:25 PM	\$78/\$85
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Rockville Sr. Ctr./Basane

31248	Th	4/15-6/3	7:30-8:25 PM	\$69/\$76
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Twinbrook CRC/Ananke

Bollywood Dance

Catch the latest dance craze with Bollywood style dancing. Named after the Bombay film industry that produces more than 500 musical movies every year, it combines choreographed Hip-Hop moves with traditional Indian classical and folk dances. It's set to catchy, upbeat, music and is a rhythmic dance that will help you get in shape. ♥

Age: 10+

31249	W	4/14-6/2	7:35-8:30 PM	\$72/\$82
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Thomas Farm CC/Mathur

Building Leaders:

There's One Inside You

New

Leaders are made, not born. While it's true that some people assume leadership roles more easily than others, everyone has leadership ability that can be developed. Learn how to be a successful leader in your personal or work life. Begin clarifying your life goals and purpose. Through practice, learn how to develop the habits of thought, action and leadership.

Age: 18+

31338	Tu	4/20	7:30-8:30 PM	\$19/\$23
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Rockville Sr. Ctr.

TAKE A MID-DAY BREAK!

*Check out our new lunchtime
fitness offerings . . .*

Thomas Farm Community Center

700 Falls Grove Drive • Rockville MD 20850

Step Aerobics #31330

Mondays, April 12 - May 17, 12-12:45 p.m.

(See page 39 for details)

Yoga-lates (Core-a-lates) #31334

Wednesdays, April 14 - May 19, 12:15-1 p.m.

(See page 40 for details)

240-314-8623

www.rockvillemd.gov/recreation



Adults

Conversational Spanish

Learn introductory level vocabulary and grammar. Develop basic vocabulary while practicing greetings, polite expressions, asking and answering questions and exchanging personal information. Latin American culture will be discussed. Bring an English-Spanish dictionary to class.

Age: 16+

No class 5/31

31719	M	4/12-6/7	7-9 PM	\$79/\$89
Thomas Farm CC/Cuesta				

31255	W	4/14-6/2	7-9 PM	\$79/\$89
Rockville Sr. Ctr./cuesta				

Ending Power Struggles without Casualties *New*

Fighting or giving in increases the child's or teen's desire for power. Come and learn new approaches that will change the patterns of interaction and develop cooperation within the family. Childcare for children, ages 4-12, provided along with refreshments.

Age: 18+

31511	Tu	4/20	7-8:30 PM	\$11/\$17
Twinbrook CRC				

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all important demo. Record a commercial script under the direction of a producer.

Age: 18+

31625	Tu	4/27	6:30-9 PM	\$24/\$27
Rockville Sr. Ctr.				



9th Annual



Sunday, May 30
8 a.m.

Rockville Town Center

- 12-mile Family Bike Ride
- 28-mile Challenge Ride
- 2K Fun Walk/Run
- 5K Fun Run

(see page 37 for registration details)

[www.rockvillemd.gov/recreation/
bicycling/ride-rockville](http://www.rockvillemd.gov/recreation/bicycling/ride-rockville)

240-314-8625



Adults

Rockville's Sister City Corporation
Presents the 18th Annual

Wine Tasting Social

Friday, March 5
Glenview Mansion
at Rockville Civic Center Park
7:30-9:30 p.m.

Delicious Food & Cheeses Served
\$25 – RSCC Members • \$30 – Non-members
(RSCC memberships may be purchased at the event)

Register at Rockville City Hall • 240-314-5029
<http://www.rocknet.org/community/sistercities>



Guitar

Guitar Beginner will cover sight reading, chords, scales, songs, technique and theory. The Blues and Learn the Beatles require previous guitar experience. Bring a fully-strung guitar, pen and paper.

Age: 12+

Basic

31261	Sa	4/10-5/29	12-12:50 PM	\$99/\$115
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Blues

Must have beginner or prior guitar experience.

31262	Sa	4/10-5/29	1-1:50 PM	\$99/\$115
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Learn the Beatles

Must have beginner or prior guitar experience.

31263	Sa	4/10-5/29	2-2:50 PM	\$99/\$115
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Thomas Farm CC/Flaherty

Knitting - Circle

A great craft and stress reliever. Join us for this easy-to-learn activity and get creative. Beginners will learn to knit, purl, cast-on and bind-off. Continuing students will perfect their skills and learn new ones. Supply list for beginner participants will be mailed one week prior to class.

Age: 16+

Beginner

31266	M	4/19-5/17	6:30-8 PM	\$45/\$53
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Intermediate

31267	M	4/12-5/17	6:30-8 PM	\$45/\$53
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Rockville Sr. Ctr./Bahr



Adults

Line Dancing for All

Join in the fun and get some exercise too! All levels welcome. Start with the basics and add steps and combinations as you go, including the Cha-Cha and the Electric Slide. This is a non-partner, self-paced class. Dance to a variety of country, western and popular music. Note: Soft-soled shoes required. No sneakers. ♥

Age: 16+				
31268	M	4/19-5/24	7-8 PM	\$45/\$53
Ritchie Park ES/Cunningham				
31316	Th	4/22-5/27	7-8 PM	\$45/\$53
Rockville Swim and Fitness Center/Cunningham				

RainScapes Rewards: Rain Barrel Training

Learn how to select, install and maintain rain barrels. Discover how this residential storm water management technique helps protect City watersheds. A rain barrel will be raffled off to Rockville residents. Call 240-314-8877 for additional information.

All Ages				
31641	Sa	3/27	1-3 PM	Free
31642	Su	5/16	1-3 PM	Free
Twinbrook CRC Annex				

Reduce-Reuse-Recycle Book Swap

Tired of the same old books? Reduce, reuse or recycle old books and update your library. Drop off books at the Twinbrook Community Recreation Center, April 5-15, and receive tickets redeemable for the same number of books during our Book Swap. Come browse and enjoy light refreshments.

All Ages				
31375	Sa	4/17	2-4 PM	Free
Twinbrook CRC				

Safety Awareness & Self-Defense

The City of Rockville Chief of Police, Terry Treschuk, will cover basic safety practices and demonstrate hands-on physical activities that include self-defense tactics and techniques. Participants should wear sneakers and workout clothes. ♥

Age: 16+				
31513	Tu	5/18	7-9 PM	\$5/\$7
31514	W	5/19	7-9 PM	\$5/\$7
Twinbrook CRC				



Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate amis du vin (friends of wine). Approximately 8-10 representative wines will be featured for tasting and comments. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. Participants must supply photo I.D. upon request. Cancellations must be received in writing at least 72 hours prior to each workshop to receive a credit, subject to the refund policy.

Age: 21+

Wines of Sonoma

We will cover California's second most important wine region, including the Dry Creek and Alexander Valleys and Carneros appellations.

31623	Th	4/29	7:30-9:30 PM	\$35/\$39
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Elk Run Wines

We will cover grape growing and wine making at this 25-year-old winery that has received over 500 awards for its wines. Elk Run has been a featured winery at Rockville Uncorked and their wines are readily available throughout Montgomery County.

31624	Th	5/20	7:30-9:30 PM	\$35/\$39
Glenview Mansion/Cecil				

Zumba® Dance Fitness

This is Latin dance at its finest. It's a high energy workout for both men and women with fun, upbeat music. The steps are easy to follow and results are long lasting. Don't miss this amazing workout. Taught by certified Zumba instructor. ♥

Age: 16+

31310	W	4/14-5/26	7:35-8:30 PM	\$64/\$75
Thomas Farm CC/Graves				



Adults

Fitness & Wellness

We recommend bringing a water bottle to all fitness programs.

Ab Sculpt

Strengthen your "Power House," lower abdomen muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and help flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended. ♥

Age: 16+

No class 5/31

31597	M	4/19-6/7	12:45-1:15 PM	\$35/\$42
31598	W	4/21-6/9	12:45-1:15 PM	\$40/\$48

Rockville Swim and Fitness Center/Cortes

Body Sculpt

Pump-up your fitness level. Work all major muscles through a variety of weight-resistance exercises. Learn how to target different muscles using proper form to get the most out of your strength workouts. Instructor is an A.C.E. certified personal trainer. Bring a mat and 3-5 lb. weights to class. ♥

Age: 16+

No class 5/31

31111	M	4/12-6/7	6:15-7:15 PM	\$64/\$76
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Thomas Farm CC/Salas

Butt Blastin' Yoga

This high intensity workout combines the flowing and stretching techniques of Hatha Yoga with a fitness program. Using traditional yoga poses, as well as squats, lunges, push-ups and a core strengthening ball, it is designed to tighten and tone thighs, glutes and core stabilizing muscles. ♥

Age: 16+

No class 5/31

31601	M	4/19-6/7	9:15-10 AM	\$86/\$102
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Rockville Swim and Fitness Center/Cortes

Cardio Bootcamp

Enjoy an early morning jump start to your day. Cardio fitness and strength training exercises will give your good body a workout. Shower facilities available. Bring weights to class. ♥

Age: 16+

31113	F	4/16-6/4	6:15-7:15 AM	\$49/\$57
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Thomas Farm CC/Ramsey

Cardio Dance & Stability Ball

Boost your metabolism, burn calories and blast fat with interval training that incorporates cardio dance and stability ball core exercises. Dance to top hits while working out. Bring a mat. Balls provided. ♥

Age: 16+

31114	W	4/14-6/2	6:25-7:15 PM	\$64/\$76
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Thomas Farm CC/Salas

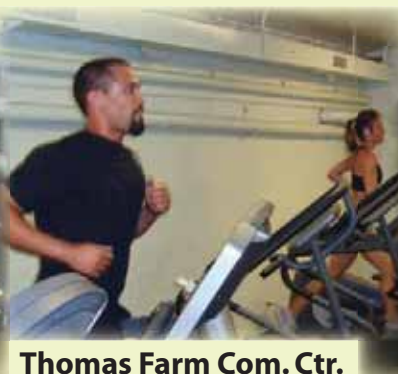
GET FIT CLOSE TO HOME OR WORK



Lincoln Park Com. Ctr.



Swim & Fitness Ctr.



Thomas Farm Com. Ctr.



Twinbrook Com. Rec. Ctr.

AFFORDABLE MEMBERSHIPS • CONVENIENT HOURS AVAILABLE

www.rockvillemd.gov/parks-facilities



Adults

Cardio Kickboxing

Get into shape as you learn a combination of boxing, martial arts and aerobics. Increase stamina, flexibility and strength as you enjoy a total body workout. Wear comfortable clothes and shoes. ♥

Age: 16+

No class 5/31

31115 M 4/12-5/10 6:15-7:15 PM \$44/\$52

31116 M 5/17-6/14 6:15-7:15 PM \$35/\$41

Twinbrook CRC/Anglin

31117 F 4/23-6/11 6-7 PM \$59/\$69

Thomas Farm CC/Thomas

31619 W 4/21-5/12 5:45-6:45 PM \$35/\$41

31620 W 5/19-6/9 5:45-6:45 PM \$35/\$41

Rockville Swim and Fitness Center/Anglin

Cardio Sculpt

Increase your strength and endurance while improving cardiovascular fitness in this complete and total body workout. Using an assortment of props as well as your own body weight, sculpt your body and strengthen your heart in a cool and challenging new way. ♥

Age: 16+

No class 5/31

31606 M 4/19-6/7 7-7:45 PM \$56/\$67

31604 Tu 4/20-6/8 10:30-11:20 AM \$64/\$77

31605 Th 4/22-6/10 10:30-11:20 AM \$64/\$77

Rockville Swim and Fitness Center/TBA

Circuit Training Fit

Learn how to maximize your workouts by combining strength and cardio intervals for a total body workout. Classes will use a variety of equipment throughout the session while focusing on the 30-minute circuit training concept. Bring a mat. Weights provided. ♥

Age: 16+

31608 Tu 4/20-6/8 9:30-10:15 AM \$64/\$77

31609 Th 4/22-6/10 9:30-10:15 AM \$64/\$77

Rockville Swim and Fitness Center/Biedscheid

Climbing for Adults - Beginner

Learn climbing basics and proper belay techniques. Work with experienced climbers. Once you catch on, you'll be ready for "Open Climbing" nights on Tuesdays. All equipment is provided. Registration deadline is one week prior to the start of class. ♥

Age: 18+

31673 M 4/26 7-9 PM \$22/\$27

31674 M 5/24 7-9 PM \$22/\$27

Climbing Gym

THE ROOFTOP

AT ROCKVILLE'S TOWN CENTER

155 Gibbs Street • Rockville, MD

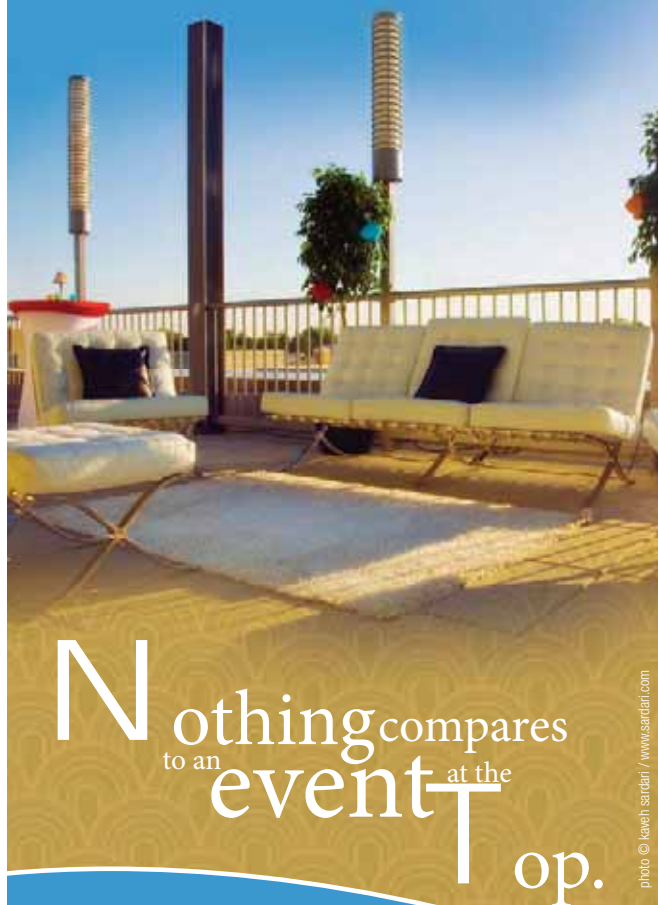


photo © Kaveh Sardari / www.sardari.com

Enchant your guests with the stars and city lights as they overlook the beautiful Rockville Town Center, from the only open-air rooftop space in Montgomery County.

Host your next event at this popular new venue that can accommodate up to 250 people. Visit our website or contact Jennifer Kaye at 301.294.4690, by email at Jennifer@rockvillerooftop.com.

www.rockvillerooftop.com

© John Hoover



Adults

Register for any three of the following classes (Combo Step Aerobics, Power Sculpt and Step Aerobics) and receive a \$7 discount. Bring weights and mat to class. Step platforms provided. Must register by mail, fax or walk-in. For ages 15+. ♥



Combo Step Aerobics

Enjoy a great cross-training workout including low-impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week.

No class 5/29

31118	Sa	4/10-6/12	9-10 AM	\$55/\$65
Rockville Sr. Ctr./Ramsey				

Power Sculpt

Enjoy a simple and effective way to improve strength and definition of muscle groups. Workout includes routines to strengthen muscles and is designed to benefit all fitness levels.

31157	Th	4/8-6/17	6:15-7:15 PM	\$67/\$79
Rockville Sr. Ctr./Federman				

31158	Tu	4/6-6/15	6:20-7:20 PM	\$67/\$79
Rockville Sr. Ctr./Quintiere				

No class 5/31

31159	M	4/12-6/14	9-10 AM	\$55/\$65
Thomas Farm CC/Ramsey				

Step Aerobics - Intermediate/Advanced

For that extra fitness push, join us in a low-impact, cardiovascular workout using a step platform. Enjoy this high energy and invigorating workout.

31173	Tu	4/6-6/15	5:30-6:15 PM	\$67/\$79
Rockville Sr. Ctr./Quintiere				

De-Stress through Meditation

This class is for beginners or students practicing some form of meditation. Learn to sit comfortably and use breathing to relax and calm the mind. Research has proven meditation reduces stress, boosts the immune system and helps create an overall sense of well being. Bring a mat or rent one at the studio. ♥

Age: 16+

31256	Th	4/15-6/17	6:30-7:25 PM	\$99/\$109
Thrive Yoga/Bowen				

Golf - Beginner

Get into the swing of golf. Learn the proper swing mechanics, golf etiquette and rules. First class held rain or shine. Those owning clubs should bring them. Clubs provided during class, if needed. Call ahead to the Pro Shop at 240-314-8730 to reserve clubs.

Age: 15+

31135	W	4/14-5/12	5:30-6:30 PM	\$59/\$69
RedGate Golf Course/Johnson				

31136	Sa	4/17-5/15	11:30 AM-12:30 PM	\$59/\$69
RedGate Golf Course/Shih				

Healthy Habits *New*

What does personal wellness mean to you? Take control of your health, make the right choices and gain optimal well being, both physically and mentally. Getting fit, losing weight or learning to relax may be your goals. Learn to set goals that are individualized for you. Join us for both sessions to stay on track toward adopting your new lifestyle. ♥

Age: 15+

31696	Tu	4/20-5/11	6-7 PM	\$29/\$33
31699	Tu	5/18-6/8	6-7 PM	\$29/\$33
Rockville Sr. Ctr./Boyce				



Adults

Jazzercise Lite

This workout combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create a program for all ages and fitness levels. Movements choreographed to music, including Top 40, jazz, country, funk and classics. Bring weights and a mat to class. ♥

Age: 16+

No class 4/19, 4/21, 5/19, 5/31

31137	M	4/12-6/14	6:30-7:30 PM	\$54/\$62
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31138	W	4/14-6/16	6:30-7:30 PM	\$54/\$62
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Julius West MS/Shenk

Kung Fu

This martial art is a great tool for channeling energy, encouraging positive growth and developing focus. Increase your physical fitness, flexibility, stamina, coordination and discipline. Yoga-like stretches are used to bring you to a calm, meditative, physical and mental state. No previous experience necessary. ♥

Age: 16+

No class 5/31

31147	M	4/12-6/7	7:15-8:15 PM	\$59/\$69
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Elwood Smith RC/Thompson

Light & Easy Aerobics

This workout classes is mildly choreographed to target many elements of fitness. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning, abdominals work for core strengthening and a stretching segment targets muscle relief and recovery. Newcomers welcome. ♥

Age: 16+

31616	Tu	4/20-6/8	11:30 AM-12:15 PM	\$64/\$77
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Rockville Swim and Fitness Center/Brouillette

Moms in Motion

Enjoy a total body workout for new moms, the mom-to-be and any parent with youngsters under 4 years of age. Your kids can enjoy a play date while you get into shape. Routines include cardio, interval training, strengthening and toning for beginner and intermediate levels. Participants must have a doctor's note authorizing exercise (6 weeks postpartum for natural birth and 8 weeks for c-sections). Bring a mat and water. ♥

Age: 18+

31205	Th	4/15-6/3	10:15-11:15 AM	\$79/\$89
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Thomas Farm CC/Stoughton

Are you a Senior Center Member?

If so, you are eligible for a discount on adult classes...

(See page 45)

Nia - Movement/Fitness

Nia is based on movements that strengthen, open, balance and heal the body, mind and spirit. All fitness levels welcome; no experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a mat. ♥

Age: 16+

31279	W	4/14-6/9	6:45-8 PM	\$87/\$99
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Rockville Sr. Ctr./Liss

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. Bring a mat. ♥

Age: 16+

Beginner

31155	Tu	4/13-6/1	6:30-7:30 PM	\$86/\$99
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Thomas Farm CC/Doong

31154	Tu	4/13-6/1	4:45-5:45 PM	\$86/\$99
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Twinbrook CRC/Poole

Intermediate

31156	Tu	4/13-6/1	7:30-8:30 PM	\$86/\$99
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Thomas Farm CC/Doong



Adults

RESERVE A SPRING TEE TIME!

- For online reservations go to: www.rockvillemd.gov.
- For phone reservations, call 240-314-8730 and press #7.
- Reservations taken 14 days in advance for 18 holes only.
- Reservations for every other tee time. Walk-ins welcome.
- To cancel a tee time or reduce the number of players, a two hour notice is required.

Improve your Score
with Private Lessons
call 240-314-8734



Red Gate
Golf Course

14500 Avery Road
Rockville, MD 20850
240-314-8730

Ride and Stride 4 Rockville

The 9th Annual Ride and Stride 4 Rockville is an organized bike ride, fun run and walk to benefit Rockville's Youth Recreation Fund, so pick the fitness level of your choice. The routes offer different scenery, lengths and challenge levels. Food, prizes, ride support, map and health information are included with registration. Register early. Fees increase on event day. Free for ages 13 and younger. ♥

All Ages

31709	Su	5/30	8 AM-12 PM	\$30/\$35
Red Brick Courthouse				

Running - Farther & Faster *New*

Improve your running performance under the guidance of a certified running coach. In this beginner to intermediate class, learn to run farther and faster. Enjoy weekly group runs and learn the practical aspects of running. Participants will receive a training plan to run a 5K or 10K. Strollers are welcome. Participants must be able to walk briskly for 30 minutes before beginning the class. Class will be held in light rain. Call weather line (240-314-5023) for status. ♥

Age: 16+

31697	F	4/23-5/28	10-11 AM	\$42/\$49
King Farm Park/Sapper				

Slimnastics

Shape up and increase your flexibility and muscles with well-planned isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. No running or jumping. Bring a mat. If participant registers for two Slimnastic classes, a \$5 discount will be applied to one class. To receive a discount you must register by mail, fax or walk-in. ♥

Age: 15+

No class 5/31

31165	M	4/12-6/14	10-11 AM	\$54/\$63
31167	W	4/14-6/16	10-11 AM	\$60/\$70
31166	F	4/16-6/18	10-11 AM	\$60/\$70

F. Scott Fitzgerald/Creamer

Stay Fit While You Sit

Concerned about back or neck problems? Want to learn the secrets to avoiding chronic injury and pain in the workplace? Join Dr. Brian Paris from Advanced Spine and Wellness Center for this interactive workshop. Gain strength, stability, flexibility and prevent pain. Wear exercise clothes. A spine assessment will be done at conclusion of workshop. ♥

Age: 18+

31676	Tu	5/18	7:30-8:30 PM	\$25/\$31
Thomas Farm CC/Paris				



Adults

15th Annual African American Heritage
Production

The Finest!
Youth Performance Troupe!
Presents...

"The Café"



...a dynamic musical about a troubled teen who goes to live with Auntie, a poetry café owner. Music and poetry propel the audience through interactions with African American poets of the past and present. Entertainment for the entire family!

Written, choreographed and directed by
Kashi-Tara Barrett

Show Dates/Times - Friday, Feb. 12, 8 p.m.
Saturday, Feb. 13, 2 p.m.

Location - F. Scott Fitzgerald Theatre
603 Edmonston Dr, Rockville MD

Price - \$15 General Admission
\$10 Seniors (60 and older)
\$10 Children (12 and younger)

Tickets - F. Scott Fitzgerald Box Office
240-314-8690

Show Information:
240-314-8633

Come Out and Audition
for

The Finest! Parade Marching Wildcats!

(Ages 6 – Adult)

Be a part of this outstanding
award-winning troupe.

Looking for dancers, drummers,
cymbal players and other
percussionists.

Only the "finest" will make the cuts.

Got energy? Bring it!

Got enthusiasm? Bring it!

Got a smile? Bring it!

Got rhythm? Bring it!

When: Tuesday, March 16
(call backs March 18)

Time: 6 p.m.

Where: Earl B. Wood E.S. (Cafeteria)

For information
240-314-8633



Adults

Step Aerobics - Beginner/Intermediate

This program is choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. It is designed to enable self-pacing for those who wish to work at low-impact steps. Bring hand and/or ankle weights (optional). Steps provided. ♥

Age: 16+

31330	M	4/12-5/17	12-12:45 PM	\$37/\$44
31333	W	4/14-6/9	9-10 AM	\$55/\$65
31171	Th	4/15-6/10	6:30-7:30 PM	\$55/\$65

Thomas Farm CC/Ramsey

Step Up to Fitness

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps provided. ♥

Age: 16+

No class 5/31

31700	M	4/19-6/7	5:45-6:45 PM	\$46/\$53
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Rockville Swim and Fitness Center/TBA

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. ♥

Age: 18+

No class 4/27

31174	Tu	4/20-6/15	7-8 PM	\$59/\$69
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Rockville Swim and Fitness Center /Lamb

31175	Tu	4/20-6/8	10-11 AM	\$59/\$69
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Thomas Farm CC/Gegan

Yoga - Basic Flow for Beginners

Enjoy a meditation-in-motion and heat-building style of yoga that increases strength and flexibility and encourages purification of body and mind. Practice poses and breathing through steady and flowing sequences. Bring a mat or rent one at the studio. ♥

Age: 16+

31300	Tu	4/13-6/15	4:30-5:45 PM	\$99/\$109
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Thrive Yoga/Bowen

"Instructor Gegan is a patient teacher who cares about imparting his skills to his students ... What's better than that!"

Participant of T'ai Chi Ch'uan



Yoga - Gentle Hatha Beginner/Continuing

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Ideal for those working on specific areas, anyone feeling tense and senior citizens in good health. Those with injuries should consult a physician prior to registration. Bring yoga strap (or bathrobe tie), foam block and a blanket/mat. ♥

Age: 16+

31302	Th	4/15-6/10	7:30-8:45 PM	\$109/\$129
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Rockville Sr. Ctr./Dodson

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha Yoga workout. Using a core yoga ball, target your abdominals from every angle; reducing back pain, stabilizing this spine, creating a stronger midsection and improving overall body alignment. ♥

Age: 16+

31612	F	4/23-6/11	9:15-10 AM	\$98/\$117
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Rockville Swim and Fitness Center/Cortes

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, Gentle Yoga demonstrates the use of props, which enable every 'body' to enjoy a gentle yoga practice, promoting increased activity for better health. Recommended props: yoga mat, block and strap. ♥

Age: 18+

31614	W	4/21-6/9	9:15-10 AM	\$98/\$117
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Rockville Swim and Fitness Center/Cortes



Adults

Yoga - Hatha

Practice asanas, breathing and relaxation. Perfect for all levels of students who seek a yoga practice without the "flow" vinyasa. Great if you are less athletic, recovering from injury, have limited mobility or just seek a calmer paced class. Wear comfortable clothing and bring a mat. ♥

Age: 16+

31303 Sa 4/10-6/5 8-9:10 AM \$109/\$129
Thrive Yoga/Bowen

Yoga - Intermediate Hatha

Explore longer posture holding times and a variety of posture sequences for a balanced practice to increase your flexibility, stamina, and overall well-being. Session is physically challenging and designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a mat, strap, and block. ♥

Age: 16+

No class 5/31

31304 M 4/12-6/7 7:30-8:45 PM \$99/\$114
Thomas Farm CC/Dodson

Yoga - Beginner & Fitness

Learn the basics of vinyasa flow also known as power yoga. Incorporate yoga into your fitness routine. A continuous combination of standing, balancing and sitting poses is the basis for this class. Use the positive energy, strength and patience you gain from the class in your everyday life. ♥

Age: 18+

31305 Tu 4/13-6/8 9:30-10:30 AM \$99/\$109
King Farm Com. Rm./Keene

Thank You!!

A sincere thank you to all who have contributed to the Rockville Youth Recreation Fund for "adding up" or making a donation. Your generosity has allowed hundreds of children to participate in recreation and childcare programs.

Special "Thanks" for contributing \$25 or more this quarter

Generosa Collins
Potomac River Running Inc.

Yoga-lates - (Core-a-lates)

Join us and experience the core strengthening exercises of pilates-inspired moves combined with stretching. This will give you a terrific energizing workout. A challenging class for all levels. Bring a mat, towel and strap. ♥

Age: 16+

No class 5/31

31308 M 4/12-6/7 7-8 PM \$74/\$87
Rockville Sr. Ctr./England

31309 W 4/14-6/2 5:30-6:15 PM \$64/\$76

31334 W 4/14-5/19 12:15-1 PM \$37/\$44

Thomas Farm CC/England

Enjoy a Fun Opportunity: Work in Recreation



Year-Round Positions

- Sports, Dance and Recreational Leaders
- Before and After School Staff
- Special Event Staff • Trip Leaders
- Kidz Club Leader
- Preschool Program Leaders
- Class Instructors
- Lifeguards and Swim Instructors
- Theatre Office Staff • Bus Drivers (CDL required)

Seasonal Positions

- Camp and Playground Leaders
- Golf Cart Personnel
- Social Event Hosts
- Sports Officials
- Scorer/Timers • Gym Managers

For information visit www.rockvillemd.gov/careers, EOE.
or contact Human Resources Department, 240-314-8470.



Zumba Conditioning

This course is designed as an introduction to the easy Latin and International inspired program. This course is intended for beginners. The schedule will include core mat work, strength training and a Zumba segment, all while listening to Latin music. Bring a mat. ♥

Age: 16+
31621 W 4/21-6/9 7-7:45 PM \$64/\$77
Rockville Swim and Fitness Center/Biedscheid

Leagues

We recommend bringing a water bottle to all league practices and games.

Dodgeball - Adult Co-Ed

Come get your old school game on! Join us for the first season of competition. All you'll need is at least eight of your friends and the competitive spirit. Games are 45 minutes (split into two 20-minute halves). Shirts are included. Rules and packets can be picked up at Lincoln Park Community Center. Note: Fee listed is per team. ♥

Age: 18+
31626 M 4/12-6/7 6:30-9:30 PM \$285/\$340
Lincoln Park CC



**When you're in Rockville,
you're in the:**



Respect and Responsibility

**Respect for
yourself.**

**Respect for
others.**

**Responsibility for
your actions.**

City of Rockville
Department of Recreation and Parks
www.rockvillemd.gov/Rzone

Sports

We recommend bringing a water bottle to most sports programs.

Bicycle Safety Course

This course, taught by Washington Area Bicyclists Association instructors, gives cyclists the confidence they need to ride safely and legally in traffic or on the trail. The course covers bicycle safety checks, fixing flats, skills and crash avoidance techniques. This is a two-part class meeting April 7, 6:30-9:30 p.m. and April 10, 9 a.m. - 4 p.m. Course includes a student manual. Bicycle and helmet required. ♥

Age: 14+
31698 W & Sa 4/7 & 4/10 (times above) \$95/\$105
Lincoln Park CC

Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. The course emphasizes safety and proper fencing techniques. Equipment is provided. Participants should wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used. ♥

No class 5/29
Age: 14+
31120 Tu 4/13-6/8 7-8:20 PM \$128/\$151
31119 Sa 4/17-6/19 2-3:20 PM \$128/\$151
Rockville Fencing Academy

Tennis for Adults - Beginner

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring taught. Bring racquet and one new can of balls. ♥

Age: 16+
31183 Tu 4/13-5/18 7-7:50 PM \$69/\$79
Dogwood Pk./M. Yargici
31181 Th 4/15-5/20 6-6:50 PM \$69/\$79
Thomas Farm CC/Z. Yargici



Adults

Worried about the weather?

Call the Weather line at

240-314-5023. Press #1 for class status.



Tennis for Adults - Novice

This program is for players who have a fundamental knowledge of tennis and are familiar with grips and strokes but have difficulty sustaining a rally. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Bring a racquet and one new can of balls. Age: 16+ ♥

31187	Th	4/15-5/20	10:30-11:20 AM	\$69/\$79
King Farm Park/Z. Yargici				

Tennis for Adults - Intermediate

This program is for players who can sustain a slow rally but still lack control and depth. Learn top spin and slices, approach shots, returns, lobs and overheads. Percentage tennis, winning tactics and advanced strategy taught. (NTRP Rating 3.0-3.5) Bring a racquet and one new can of balls. Age: 16+ ♥

31184	W	4/21-5/5	7-8:30 PM	\$53/\$63
Twinbrook CRC/Levine				

31185	Tu	4/13-5/18	6-6:50 PM	\$69/\$79
Dogwood Park/M. Yargici				

Tennis for Adults - Advanced

Take your game to the next level! Advanced stroke topics and drills will be taught for 3.5 level players and above as well as match play and strategies for singles and doubles. Individual attention will be given to players' needs. Bring racquet and one new can of balls. Age: 16+ ♥

31179	M	4/12-5/17	6-6:50 PM	\$69/\$79
Dogwood Park/Asaka				

31180	W	4/21-5/5	5:30-7 PM	\$53/\$63
Twinbrook CRC/Levine				

Tennis Game Strategies

Classes will include stroke development, cooperative and competitive action drills and matches. Work on your advanced singles and doubles positioning. Emphasis is placed on the serve and its importance in competitive play. (Advanced 3.5-4.5 levels.) Bring a racquet and one new can of balls. Age: 16+ ♥

31194	M	4/12-5/17	7-7:50 PM	\$69/\$79
Dogwood Park/Asaka				

Theme Park Tickets

On Sale
Mid-April

Parks, Prices and
Information
To Be
Announced
Soon ...



Spring "Early Bird" Special

Earn Triple
Rockin' Reward Points!



Register
Early

Feb. 20-24

Register for:
Adult Co-Ed Dodgeball League

Lincoln Park Community Center
(See page 41)

Turn your points into \$\$\$ for future programs.



Adults

Trips

Resident and non-resident registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. If you are unsure of your abilities, need tips on how to dress, or have any other questions, please call 240-314-8625. Note: Participants younger than 18 years of age must be accompanied by an adult.

Old Rag Mountain Hike

Hike the famous Old Rag Mountain in Shenandoah National Park. This very rugged trail climbs up to the rocky summit of Old Rag and winds back down to complete a 9-mile circuit hike. No experience is required, however, this is a strenuous hike over steep, uneven terrain. ♥

Age: 14+
31683 Sa 4/24 8:30 AM-6 PM \$35/\$45
Departs: Rockville City Hall



Appalachian Trail Hiking Series

The Maryland section of the Appalachian Trail has been divided into segments for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8625. ♥

AT Hike #2- High Rock to Route 77
Age: 14+
31687 Sa 5/15 8 AM-6 PM \$40/\$45
Departs: Rockville City Hall



Rock Climbing at Great Falls

Great Falls National Park offers stunning views and world-class climbing opportunities. Join us to learn introductory climbing skills: anchoring, belaying and climbing techniques. No experience required. ♥

Age: 14+
31689 Sa 5/22 8:30 AM-6 PM \$40/\$45
Departs: Rockville City Hall

Horseback Riding

Let the guides from Marriott Ranch lead you on a 90-minute trail ride in the beautiful Blue Ridge Mountains. This trip is for beginners and also more experienced equestrians. Cost includes transportation, leadership, horseback riding and guide. ♥

Age: 14+
31685 Sa 6/5 11 AM-6 PM \$55/\$65
Departs: Rockville City Hall

